



Chicken and Black Bean-Stuffed Burritos

READY IN



25 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.8 cup black beans canned rinsed drained
- ☐ 2 cups rotisserie chicken cut shredded
- ☐ 0.5 teaspoon chili powder
- ☐ 4 8-inch flour tortilla ()
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons juice of lime fresh

- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 0.5 cup salsa fresh refrigerated
- ☐ 0.3 cup water

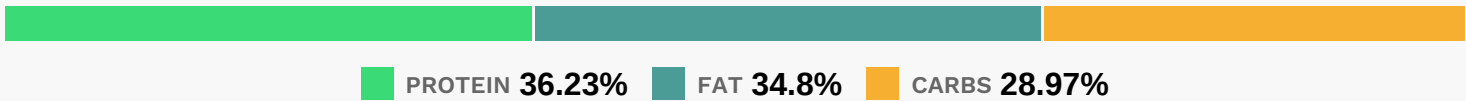
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring first 6 ingredients to a boil in a small saucepan. Stir in shredded chicken and green onions.
- ☐ Combine beans and salsa. Spoon 1/4 cup bean mixture and 1/2 cup chicken mixture down center of each tortilla; sprinkle with 2 tablespoons cheese.
- ☐ Roll up.
- ☐ Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add 2 burritos.
- ☐ Place a cast-iron or other heavy skillet on top of burritos, and cook for 3 minutes on each side.
- ☐ Remove from pan, and repeat procedure with the remaining 2 burritos.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:8.1, Inflammation Score:-5, Nutrition Score:11.706956523916%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 470.74kcal (23.54%), Fat: 18.27g (28.11%), Saturated Fat: 6.8g (42.5%), Carbohydrates: 34.23g (11.41%), Net Carbohydrates: 29.29g (10.65%), Sugar: 3.52g (3.91%), Cholesterol: 126.13mg (42.04%), Sodium: 1213.87mg (52.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.81g (85.62%), Phosphorus: 218.12mg (21.81%), Vitamin B1: 0.32mg (21.48%), Calcium: 208.85mg (20.88%), Selenium: 14.25µg (20.35%), Manganese: 0.4mg (20.12%), Fiber: 4.94g (19.75%), Folate: 76.38µg (19.09%), Vitamin K: 18.9µg (18%), Iron: 2.94mg (16.36%), Vitamin B2: 0.26mg (15.16%), Vitamin B3: 2.92mg (14.58%), Vitamin A: 434.38IU (8.69%), Magnesium: 34.33mg (8.58%), Potassium: 294.43mg (8.41%), Copper: 0.16mg (7.78%), Zinc: 0.98mg (6.57%), Vitamin B6: 0.13mg (6.53%), Vitamin C: 4.97mg (6.03%), Vitamin E: 0.6mg (4.02%), Vitamin B5: 0.26mg (2.56%), Vitamin B12: 0.12µg (1.95%)